



FEMA

Outreach Initiatives and Training Activities for Community Emergency Response Teams (CERT)

The purpose of this document is to help facilitate and guide new outreach initiatives and training activities for CERTs. All activities in this document are flexible and scalable and can be implemented in any community. This document is only meant to be a guide and not a rule book. Activities may have to be changed due to your community's rules and regulations on outreach and CERT training; be sure to check with the correct authority beforehand. If you would like more information or have questions about any of the information in this guide, please contact FEMA Region III Individual and Community Preparedness Division.

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Free Resources:

Order free preparedness material at www.ready.gov/publications

Drills, Exercise, and Competitive Events: <http://home.citizencorps.gov/cert/exercises.shtm>

Advertise your events on the National Community Page at <http://community.fema.gov/>

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OUTREACH INITIATIVES



Preparing Together- The Buddy System

Time Length: One day or ongoing

Cost/Materials: Preparedness Information

Number of People Needed: Individual(s) or team

Summary of Events: Contact local organizations that work with senior citizens or citizens with access and functional needs to discuss opportunities to increase their personal preparedness. You can hold a one day training at the facility or pair up team members to work with 1 to 2 individuals that have interest in preparing for an emergency. Team members can work with each individual to write out a plan, make a kit together, and help to ensure they know what to do in the event of an emergency. Team members can also help them to practice evacuating the building and to ensure they are familiar with their community's plans. Team members can work with the individuals just one day or they can make it an ongoing process to help build resiliency.

Outcomes:

- Community Preparedness
- Working with the whole community

Additional Information:

FEMA: <http://www.ready.gov/individuals-access-functional-needs>

ARC Guide: <http://www.hhs.gov/od/documents/disabilityAmericanRedCross.pdf>

CDC: <http://www.cdc.gov/ncbddd/disabilityandhealth/emergencypreparedness.html>

Feeling Safe, Being Safe Program:

http://www.dds.ca.gov/ConsumerCorner/fsbs/webcast_welcome.cfm

Whole Community Event

Time Length: 2 hours (Ongoing)

Cost/materials: Host facility

Number of People Needed: Facilitator and speaker

Invite Citizen Corps Program affiliates, VOAD, ARC, EM, Fire, Social Services, Salvation Army, Emergency Managers, Education, Healthcare, Volunteer Leaders, Volunteer Centers, Media, others in your preparedness and response community.

Summary of Events: Invite community stakeholders to a meeting to introduce themselves and discuss new outreach ideas, initiatives, upcoming events, issues the community is facing, etc.(1 hour)Use this time to really get to know one another and understand the role each organization plays in the community. In the next hour, have a guest speaker that the whole community could benefit learning from or lead a discussion on a topic of your choice such as what more can be done to help the Access and Functional Needs Community or do a spotlight on an organization.

Outcomes:

- Sharing ideas
- Networking

Additional Information:

This event can be scalable to be help at a local, regional, or state level. It can be a 2 hour event or expanded on to be a whole day.

Local Sporting Event Outreach

Time Length: One game/ Ongoing

Cost/materials: Preparedness Materials

Number of People Needed: 5-20 (depending on activities you hold)

Summary of Events: Reach out to local sports teams such as Minor League Baseball to see if they are willing to have a Preparedness Game. Throughout the game have preparedness messaging displaced or vocalized. During half time or in between innings hold a game or demonstrations on preparedness such as have kid race to build an Emergency Preparedness Kit. Provide preparedness handouts for attendees by placing them on their cars or having booth at the door. Talk to the public about your activities and how you would like to help the community, or how they can become involves. Other options could be to hold a raffle.

Outcomes:

- Increased public awareness
- Program awareness or new involvement

Additional Information:

Search for minor league teams in your area; Sports to consider:

- Baseball: <http://www.milb.com/index.jsp>
- Soccer <http://www.nasl.com/> or <http://www.uslsoccer.com/>
- Hockey: <http://theahl.com/> or <http://www.echl.com/>
- Basketball: <http://www.nba.com/dleague/#>

Survivor Day

Creator: Anthony McLean in the City of Richmond, Beverley Brandt in the City of Colonial Heights, and/or Sherri Laffoon in Chesterfield County (Virginia)

Time Length: 6 hours (flexible)

Cost/materials: Preparedness material, backpacks for participants (optional), facility with multiple rooms, subject matter experts (try and get volunteers first)

Number of People Needed: 5-10 Facilitators, 5 Course Instructors

Summary of Events: “Survivor Day” is an event that can be held on the local level (one event) or regional level (many events). “Survivor Day” is where the families are invited to participate in different preparedness workshops for 2 to 3 hours. Five, 20 minute workshops will be run simultaneously, each on a different preparedness topics. The public will be divided into groups and rotated through the workshops. If funding allows, you can give away starter preparedness kits to the participants after completing all workshops. At the end of the day hold a preparedness fair/expo and invite organizations to set up tables to share information with the public.

Pre-planning: Participants should register in advance, VA set up a website and allowed sign-ups through their call center (www.survivorday.com).

Outcomes: Family Preparedness

Additional Information:

What Virginia said, *“The Survivor Day events have been extremely popular with our residents and I like to believe that they have really boosted citizen preparedness across the region. The Public Education and Information Committee of the Central VA UASI’s Working Group came up with the idea. We got approval from the GPD to distribute basic emergency preparedness kits to folks who signed up (some online at www.survivorday.com) and some by phone (they could call [VIRGINIA 211](tel:1800211VIRGINIA) and be given the contact information for the Emergency Manager of the locality where they live), attended the training (3-4 hours on a Saturday morning) and signed for the kit as they were leaving.*

A part of our mission working together on Emergency Management as a region, has been to send a consistent disaster preparedness message to folks across the region. Our Survivor Day sessions allow us to use one curriculum and open each location to any resident, regardless of where they live. The events take place at anywhere from 7 to 12 locations across the region simultaneously and are taught by a variety of subject matter experts (all volunteers).” See sample curriculum below.

“Survivor Day” Workshop Schedule

8:00-8:30: Staff Orientation (All)

8:30-9:00: Registration (All)

9:00-9:10: Welcome, Instructions for the day (local EM)

9:10- 9:30: General preparedness presentation (Local EM)

9:30-12:00: Station Rotation (All)

Rotation Schedule-

- **9:30-9:55**
- **10:00-10:25**
- **10:30-10:55**
- **11:00- 11:25**
- **11:30-11:55**

Stations (Running Simultaneously During Rotations)

1. Food/water Safety (Team Leader)
2. Household Safety (Team Leader)
3. First Aid/Hygiene/PPE (Team Leader)
4. Fraud/ Home Security Identity Protection (Team Leader)

12:00-1:00: Elective Course (running simultaneously)

1. Fire Extinguisher Class
2. Hazardous Weather Class)(Local weather anchor)

1:00-2:00: Preparedness Fair/ Expo

- Tables set up for CERTs, MRC's, Neighborhood Watch, as well as any potential vendors of personal emergency supplies or equipment.

Map your Neighborhood

Creator: Washington State

Time Length: 90 minutes, ongoing

Cost/materials: Go to <http://www.emd.wa.gov/myn/> order and download all need materials.

Number of People Needed: 1-3 facilitators, community involvement

Summary of Events:

Consider creating a map of your community that would provide your team (and other emergency officials) with critical information during an emergency.

- Identify the **Skills and Equipment** each neighbor has that would be useful in an effective disaster response.
- Create a **Neighborhood Map** identifying the locations of natural gas and propane tanks for quick response if needed.
- Create a **Contact List** that helps identify those with specific needs such as elderly, disabled, or children who may be home alone during certain hours of the day.
- Mark where each team member lives to know who can quick help an area of the community following a disaster.

Go to <http://www.emd.wa.gov/myn/> for more information and how Washington State successfully Mapped Their Neighborhoods.

Outcomes: Community Awareness

Additional Information:

Go to <http://www.emd.wa.gov/myn/> for more information on the Map Your Neighbor program and review the sample flyers below.

Contact Information:

Rosanne J. Garrand

Washington State Emergency Management

Public Education Coordinator

1.800.562.6108; 253.512.7419 desk, 253.512.7200 fax

rosanne.garrand@mil.wa.gov, <mailto:r.garrand@emd.wa.gov> (new email)

MYN

Map Your Neighborhood



- Designed to improve disaster readiness at the neighborhood level (generally neighborhoods = 15-20 urban homes; 5-7 in rural areas and can be implemented in condos and apartment complexes).
- Teaches neighbors to rely on each other during the hours or days before fire, medical, police, or utility responders arrive.
- Takes just one person to begin this process by inviting the neighborhood to his or her home for a 90-minute meeting, facilitated by the program DVD.
- Craig Fugate, FEMA Director, commented that there needs to be something to "fill the gap" between CERT and individual preparedness - *MYN* is that program.
 - IAEM's first place in the State/Regional Public Awareness Category, 2009
 - FEMA's Challenge Award <http://blog.fema.gov/2011/06/and-challengegov-winner-is.html>, 2011
 - FEMA's Individual & Community Program Award: Innovative Training and Education Programs <http://www.citizencorps.gov/councils/awards/2011/awardwinners2011.shtm>, 2011

Program Components (accomplished in a 90-minute neighborhood meeting):

- 9-Step Response Plan begins at home and then reaches throughout the neighborhood. It teaches what to do to save a life, reduce the severity of injuries, reduce emotional distress, and decrease property and environmental damage.
- Skill & Equipment Inventory saves response time by identifying who in the neighborhood has relevant response skills and equipment.
- Neighborhood Map created during the neighborhood meeting pinpoints the exact locations of natural gas meters and propane tanks, recognizing the single biggest source of neighborhood fire (about 67%) following disaster is natural and propane gas leaks.
- Contact List identifies who in the neighborhood may have specific needs following the disaster, including those who are elderly, neighbors with disability, or those home alone.

Program Materials:

- MYN Neighbor Handout: contains the 9-Step Response Plan, Skill & Equipment Inventory, Neighborhood Map & Contact List, Help / OK card. Available in English and Spanish.
- MYN Discussion Guide: designed as a 'script' for MYN's DVD and can be easily read if a DVD player is not available.
- MYN DVD: produced in a play-pause-discuss format and is subtitled in English, Spanish, Russian, Korean, Chinese, and close-captioned for the hearing impaired.
- MYN CD: supporting materials (also available online) – includes Discussion Guide, meeting invitation, promotional flyer, brochure, reporting tool, and database.
- Personal Preparedness: Prepare in a Year (PIY) and Getting Ready Home programs offer step-by-step instructions, compelling photos, and streaming videos which educate people on how they can prepare their families and homes to better survive disasters (only available online).
- Preparedness Website: conceptualized to support the Preparedness Strategic Plan of "enabling and empowering preparedness activity in communities," averaging 900,000 hits per month.

Additionally:

- Partners in forty-two (42) states, including Washington, have found MYN to be a cost effective and time efficient approach to neighborhood preparedness: AK, AL, AR, AZ, CA, CO, CT, FL, GA, HI, ID, IL, IN, IO, KS, KY, LA, ME, MD, MA, MI, MN, MS, MO, MT, NC, NE, NH, NV, NY, OH, OK, OR, PA, SC, SD, TX, UT, VA, WI, and WV.
- MYN has a proven track record. The program was first utilized during the 1989 Loma Prieta earthquake in Sunnyvale, California. During the 2001 Nisqually earthquake, 92% of 460 organized neighborhoods in Seattle reported responding in a timely and organized manner to the needs of their neighbors.

Washington State Emergency Management Division, Public Education Program

Bldg. 20 MS: TA-20 Camp Murray, WA 98430
 Phone: 1.800.562.6108
 Email: PublicEducation@emd.wa.gov
 Website: www.emd.wa.gov/myn/index.shtml





Building and Strengthening Disaster Readiness Among Neighbors



Remember - In a disaster your most immediate source of help are the neighbors living around you.

Prepare

Neighborhoods that are prepared for emergencies and disaster situations save lives, reduce the severity of injuries and trauma, and reduce property damage. In addition, contributing as an individual and working together as a team helps develop stronger communities and improve the quality of life in the community.

Learn

- The 9 steps to take immediately following a disaster.
- Develop a neighborhood skills and equipment inventory.
- Map your neighborhood to identify areas of concern such as natural gas meters.
- Verify neighbors that may need extra help in a disaster such as the elderly, those with a disability, or children who may be home alone.

Washington State Emergency Management Division, Public Education Program
Bldg 20 MS: TA-20 Camp Murray, WA 98430
1.800.562.6108 PublicEducation@emd.wa.gov www.emd.wa.gov/myn/

The Map Your Neighborhood Program (MYN) was developed and copyrighted by © LuAnn K. Johnson, PhD, used with permission from WA State Emergency Management Public Education Program

Map Your Neighborhood - MYN

Neighborhood Disaster Readiness



Hawaii State Civil Defense
3940 Kamehameha Road
Honolulu, HI 96816-4065
Email: HSCD@cd.hawaii.gov
Website: www.scd.hawaii.gov
Phone: (808) 735-4360



Remember...
Immediately after disasters, follow the 9 Steps described in this booklet.

The Map Your Neighborhood Program (MYN) was developed by LuAnn K. Johnson, PhD, Public Education Manager, Washington State Emergency Management.

Map Your Neighborhood - MYN

Neighborhood Disaster Readiness

Presented By:  **COPE**
Community Outreach Preparedness

Sponsored By:  **STATE FARM INSURANCE**

 **PROVIDENCE**
Little Company of Mary Medical Center San Pedro

For more information contact COPE Preparedness at: 310.982.1180 or www.COPE-Preparedness.org

The Map Your Neighborhood Program (MYN) was developed by LuAnn K. Johnson, PhD, Public Education Manager, Washington State Emergency Management

"Neighbors Helping Neighbors"/ Community Preparedness: 16 Simple Activities for Everyone

Creator: FEMA: IS-909

Time Length: 30-60 minutes each

Cost/materials: IS-909: Download:

- A comprehensive [Program Leaders guide \(13-page PDF\)](#) and Independent Study Course for those just starting a neighborhood preparedness effort. (IS:909)
- A [facilitator guide \(127-page PDF\)](#) to assist the person who will lead the training, related presentation materials, and handouts for participants to use and keep.
- Sixteen preparedness modules can be used standalone for training sessions as short as 15 minutes, or combined to create a comprehensive community training effort up to 2 hours at a time.
 - Preparedness Activities for Communities Everywhere modules are available in [English \(127-page PDF\)](#) and [Spanish \(127-page PDF\)](#).

Number of People Needed: at least 1

Summary of Events: FEMA's IS-909 course and Preparedness Activities for Communities Everywhere tools support communities already engaged or interested becoming more prepared. To support new and existing neighborhood preparedness programs, Preparedness Activities for Communities Everywhere tools are comprised of 16 preparedness modules on topics ranging from [preparedness on a budget \(6-page PDF\)](#) to [fire extinguisher operation \(8-page PDF\)](#) and specific topics such as disaster planning for a pet or service animal. Attending preparedness training is a step individuals can take to become better informed. As community leaders, the tools are designed for anyone to use in coordination with your local emergency preparedness partners to help better prepare those you serve for emergencies

Outcomes: Increasing community preparedness

Additional Information:

<http://www.ready.gov/neighbors-helping-neighbors-through-preparedness>

The 16 modules cover the following topic areas:

- Preparedness on a budget
- Identifying hazards in the home
- Developing personal neighborhood support networks
- Pet/service animal preparedness
- Putting out fires
- Whole community concept

Youth Groups Outreach

Time Length: 1 day or ongoing

Cost/materials: Preparedness materials, materials for a game

Number of People Needed: 2-5 or can be a team event

Summary of Events:

Consider reaching out to a local youth group to provide a lesson in preparedness or hold monthly/bimonthly preparedness lessons. Many youth groups have afterschool meetings and are welcoming to community organizations providing a new creative activate for an afternoon. Consider teaching a lesson on make a kit or having a plan, then playing a preparedness game.

Outcomes:

- Community preparedness
- Youth preparedness

Additional Information:

Consider groups such as;

- Girls Scouts <http://www.girlscouts.org/>
- Boy Scouts <http://www.scouting.org/>
- The Boys and Girls Club <http://www.bgca.org/Pages/index.aspx>
- YMCA/ YWCA: <http://www.ymca.net/> or <http://www.ywca.org/>

Game Options:

Prep-Parady: A Preparedness Game- Go to <http://goo.gl/9nMwGv> to play.

Scavenger hunt to build Preparedness kits or find emergency items around the building.

For kid preparedness materials:

<http://www.ready.gov/kids>

<http://home.citizencorps.gov/getstarted/youth/youthindex.shtm>

Preparedness Tips for Everyone

Time Length: once or ongoing

Cost/materials: None

Number of People Needed: 1-2 team members

Summary of Events:

Consider reaching out to your local newspaper or media outlets to see if they would consider having a “preparedness corner”. Your team can provide weekly or monthly articles or messaging on a verity of topics relating to preparedness and how the community can be better prepared. You can base each article around holidays, events, or National Themes. Consider sharing CERT experiences and how CERT has benefited team members can also help generate interest. Also consider managing a social media account for your team where you can post your activities and preparedness tips for the community.

Outcomes: Community Preparedness, Awareness of CERT

Additional Information:

Go to www.ready.gov for information on preparing for different hazards.

Review the FEMA blog for content and style ideas. <http://blog.fema.gov/> or use what FEMA Region 3 is posting by retweeting us.

Social Media

State	Twitter	Facebook
FEMA	@FEMAreion3	FEMA
Delaware	@DelawareEMA	DelawareEmergencyManagementAgency
Maryland	@MDMEMA	MDMEMA
Pennsylvania	None	None
Virginia	@VDEM	VAemergency
West Virginia	@WVDHSEM	WV-Division-of-Homeland-Security-and-Emergency-Management
Washington, DC	@DC_HSEMA	HSEMADC

Preparedness Day

Time Length: 2-5 hours

Cost/materials: Preparedness Materials, activities for family, facility

Number of People Needed: Whole Team

Summary of Events:

Consider holding a family preparedness event, where you invite the community to come and learn about your local emergency response organizations. Have events, such as small short workshops or preparedness games to attract families to bring their child out. This can be an outside or inside event. Try and partner with multiply organization to bring their response gear and materials so the community can learn and see firsthand what each organization does. Be sure to have takeaways with information about your organization and how others can get involved. This is an event that pairs great with another community event. Such as if there is a street fair occurring in your town, try hosting your event nearby to be sure to attract additional foot traffic. Be sure your event is well advertised and you invite all populations.

Do not forget to talk to the private sector and try and involve them in community activities.

Outcomes:

- Family Preparedness
- Community awareness

Additional Information:

Go to the [National Voluntary Organizations Active in Disaster](#) website for a list of organizations that play a role in emergency management.

Be sure to talk to your local emergency management agency for other organization you can involve. Also, consider inviting local businesses to participate.

Sample flyer from Delaware's Preparedness Day;



"Fall"

Into Action

Family Emergency Preparedness Day

Disaster Plan



Plan Now - Be Ready

WHAT: 7th Annual Family Emergency Preparedness Day

DATE: September 21, 2013

PLACE: Delaware Agriculture Museum and Village
866 N. DuPont Hwy, (Rt 13)
Dover, DE 19901

Time: 10:00 am - 2:00 pm

FREE Admission

JOIN US

Numerous Exhibits

FREE Giveaways & Food

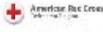
1st 500 Visitors

Interactive Demonstrations

Live Broadcast Eagle 97.7

Hosted by DE Citizen Corps and Kent County Emergency Management








FOR MORE INFO CALL (302) 659-2243 OR GO TO DELAWARECITIZENCORPS.ORG

Community Contest

Time Length: 30 days (varies)

Cost/materials: Adverting materials and prize(s)

Number of People Needed: 1-4 to facilitate

Summary of Events:

Consider hold a contest to help increase community preparedness. The contest can be on topics such as finding the best public service announcement, a preparedness poster contest, building a preparedness kit under 20 dollars, or creating new preparedness ideas. Be sure to lay out all contest rules in the instructions and be clear on how each winner will be picked. Check with local community on special contest rules they may require. Determine what the winner (or winners) will receive and who will be picking the winners. Consider having a local celebrate be part of the committee. Have the contest run for at least a month and be sure it is well advertised.

Outcomes:

- Community preparedness
- Youth engagement

Additional Information:

See example contest flyers below.

PSA Contest Region III held in 2013;

SHOW FEMA HOW YOU PREPARE!

From September 1, 2013 - September 30, 2013 FEMA Region III will be holding a Public Service Announcement Contest!

Region III is conducting a contest to find the best and most creative Preparedness Public Service Announcements (PSAs). National Preparedness Month is a great time to record your preparedness actions and promote them to the community.

We're challenging you to create and submit a PSA that shows the following;

- 1) A preparedness action or activity being completed, or;
- 2) Why that action or activity is important for the Whole Community to complete.

PSAs should be recorded in Windows Media Video (WMV) or MPEG-4 (MP4) digital multimedia format and be no longer than 15 seconds. The winning video will be shown on FEMA Region III's website, sent out over Region III's social media channels, shared with our stakeholders, and will be used to help foster preparedness in the Region. The contest is open to any resident of Region III (PA, DE, WV, VA, MD, and DC). Any person, group, organization, or business in the region is welcome to submit. Submissions will be accepted from September 1, 2013 to September 30, 2013. All submissions must be sent to Corey Rigby at corey.rigby@associates.fema.dhs.gov no later than 11:59 p.m. on September 30, 2013. All submissions must be sent with the "PSA Entry Form" below and have "PREPAREDNESS PSA" as the subject line.

Submissions will be judged on four categories; originality, creativity, the incorporation of the "whole community", and the inclusion of a preparedness activity or action. Region III's External Affairs and Individual and Community Preparedness Divisions will determine the winner based on these categories. There will be one winner and three honorable mentions. The winning videos will be used to help promote preparedness through the region.

Rules:

- 1) Videos must be in Windows Media Video (WMV) or MPEG-4 (MP4) digital multimedia format.
- 2) By submitting a video, you acknowledge that you own the copyright to the video and grant FEMA a royalty free unconditional license to post the video on FEMA controlled websites and to provide a copy of the video in electronic format to any entity if required by Federal Law
- 3) You are not permitted to use the intellectual property of the Department of Homeland Security (DHS) or FEMA in any video without prior written approval from DHS/FEMA. For more information, please visit: <http://www.dhs.gov/department-homeland-security-intellectual-property-policy>.

Any questions, comments, or concerns can be sent to corey.rigby@associates.fema.dhs.gov

What is the "Whole Community"?

Recognizing that preparedness is a shared responsibility, it calls for the involvement everyone—not just the government—in preparedness efforts. By working together, everyone can keep the nation safe from harm and resilient when struck by hazards, such as natural disasters, acts of terrorism, and pandemics. The Whole Community includes:

- Individuals and families, including those with access and functional needs
- Businesses
- Faith-based and community organizations
- Non-profit groups
- Schools and academia
- Media outlets
- All levels of government, including state, local, tribal, territorial, and federal partners

What is a Preparedness Action or Activity?

A preparedness action or activity helps to improve readiness for a disaster. It can range from building a disaster supply kit to practicing evacuating from a building. For help, go to www.ready.gov for ideas of how to prepare for all types of disasters.

And Now a Message From Our Lawyers.

All videos will be reviewed for appropriate content. Videos that are off-topic or include abusive or vulgar language, spam, hate speech, personal attacks, advertisements or endorsements of products or similar content will not be considered. FEMA reserves the right to determine which videos are acceptable for this contest.

This is a public contest and any information provided in videos may be available to the public. As such, please do not include personal details such as: a FEMA case number, social security number, or any other information you do not want available to the general public. If you choose to submit personal information you do so at your own risk. FEMA disclaims any liability for any loss or damage resulting from any video submitted. This contest may not be used for the submission of any claim, demand, informal or formal complaint, or any other form of legal and/or administrative notice or process, or for the exhaustion of any legal and/or administrative remedy.

Virginia’s “Safe Made Simple” Contest



Virginia Citizen Corps presents

“Safe Made Simple”

A Family Ready **Pilot** Contest



✚ To enter the contest, use your imagination and resourcefulness to create an emergency preparedness kit for your family for three days for \$19.99 or less! You probably have most items already at home!

- #1 Create an Emergency Kit for a family spending “\$19.99” or less
- #2 Fill out a family emergency plan and wallet cards
- #3 Take a clear, close up family photo
- #4 Enter the Contest by the end of the day, December 31, 2013!

First-and second-place winning families will be recognized in person and acknowledged on the Virginia Department of Emergency Management (VDEM) State Website (www.vaemergency.gov), VDEM’s EM Update electronic newsletter and FEMA’s national website!

Contest Rules.... A Family Contest!

TRAINING ACTIVITIES



Competitive Events (2)

Time Length: 8-10 hours

Cost/materials:

- Host Facility
- Event materials
- Forms- Download all documentation at <http://home.citizencorps.gov/cert/exercises.shtm>

Number of People Needed: One CERT or multi CERT Teams can participate

Summary of Events:

CERT competitive events offer local programs the chance to validate, practice, and reinforce their skills and procedures in a challenging, fun, and competitive but friendly environment. The event consists of numerous skill and demonstration stations and each team rotates from station to station. Sometimes called “CERT Rodeos,” “CERT Olympics,” or “CERT Games,” these events are usually conducted with numerous CERT programs, therefore managing the event is spread more widely. Multi-jurisdiction participation can generate additional publicity for CERT operations. Larger, events may encourage media coverage as a means to promote the program and raise awareness about CERT.

Outcomes:

- Validate the decision-making process to prioritize incidents.
- Evaluate the approach to suppressing small fires.
- Evaluate the process for assessing and prioritizing victim conditions.
- Assess patient transport procedures.
- Evaluate plans for and approaches to conducting interior searches.
- Evaluate procedures for debris removal and victim extrication.
- Evaluate methods for documenting actions taken.
- Validate CERT size up procedures

Additional Information:

Please go to <http://home.citizencorps.gov/cert/exercises.shtm> to download the Competitive Event Playbook.

Sample flyers:

Baltimore City CERT Olympics

Event Overview
 Sunday, May 19, 2013
 8:30 AM to 3:00 PM

The CERT Olympics is designed to be a day of fun, competitive events with a focus on learning. CERT organizations from across Maryland, the District of Columbia, and Northern Virginia have been invited. Registration and a welcome will start at 8:30 AM, and events will start promptly at 9:00 AM.

The Baltimore City CERT Olympics will include the following stations:

Triage Tabletop:

Teams have 10 minutes to triage 40 patients whose injuries will be listed on cards. Each team will have to sort the cards into the following categories: Immediate, Delayed, Minor, or Dead. Scoring will be based on both accuracy and time.

Medical Treatment and Transport:

Teams will find eight patients marked with various injuries. Teams triage, assess, and treat each patient with available materials and document accordingly. Upon completing treatment or after 30 minutes, teams will be asked to demonstrate proper form in transporting two of the patients a short distance. Points will be awarded for safety, proper technique, and documentation.

Indoor Search and Rescue:

Teams will be given 30 minutes to organize themselves and safely enter darkened rooms to find and retrieve tennis balls. Some tennis balls may be unreachable or trapped. All activities and findings should be documented. Points will be awarded for safety, organization, number of tennis balls found, and documentation.

1



2013 Baltimore City CERT OLYMPICS

Sunday May 19, 2013
 8:30 AM to 3:00 PM

Join CERT members from across Maryland, DC, and Virginia in a day of friendly competition in the following events:

- Triage
- Medical Treatment and Transport
- Scene Sizeup and Outdoor Search
- Indoor Search and Rescue
- Fire Suppression



Participants can enter individually or in teams of 8 or more. Individuals or small groups will be matched to teams.

Lunch will be provided.

The CERT Olympics will take place RAIN or SHINE at:
 Baltimore City Fire Department Training Academy
 6720 Pulaski Highway
 Baltimore, MD 21237



To register or for more information contact:
 C.P. Hsia: 410-396-6188 or
Chi-poe.hsia@baltimorecity.gov

Don't want to compete? Help us by volunteering!



Dill (4)

Time Length: Varies on the drill, 1-3 hours

Cost/materials:

- Facilitator (1)
- Exercise Evaluator(s)
- Volunteers and/or simulated victims
- Facility/area (varies on drill)
- Additional materials (varies on drill)
- Forms- Download all documentation at <http://home.citizencorps.gov/cert/exercises.shtm>

Number of People Needed: Varies depending on the drill, but try an involve all members

Summary of Events:

Drills are supervised activities that provide the opportunity for CERT members to validate a specific operation or function, usually focused on one or two key skills, such as splinting and bandaging or lifting and cribbing. Drills can also be used to determine if plans can be executed as designed, to assess whether more training is required, or to reinforce best practices.

A drill is useful as a stand-alone tool. Participants engage in the activity, which may or may not be based on a scenario. Facilitators and Evaluators observe the participants as they practice the skills and techniques, but generally hold feedback until the end of the activity – unless an action is unsafe. Participant learning is reinforced and feedback is provided through a hot wash at the conclusion of the drill.

Outcomes:

Reinforce training, learn new skills, teamwork

Additional Information:

Go to <http://home.citizencorps.gov/cert/exercises.shtm> to download 4 different drills CERT teams can complete. Topics include:

- Earthquake
- Lost/Trapped Victim
- Multi-vehicle car crash
- Building collapse

Tabletop Exercise (6)

Time Length: 1-2 hours

Cost/materials:

- Facility/meeting room
- Download all documentation at <http://home.citizencorps.gov/cert/exercises.shtm>

Number of People Needed: CERT Team

Summary of Events:

Tabletop exercises are table-based activities typically held in an informal setting and presented by the Facilitator. There is no hands-on practice or field work. This type of exercise is intended to generate discussion of various issues regarding a hypothetical, simulated emergency.

Tabletops can be used to enhance general awareness, validate plans and procedures, rehearse concepts, and/or assess the types of systems needed to guide the prevention of, protection from, mitigation of, response to, and recovery from a defined incident.

Delivered in a low-stress environment, the tabletop exercise offers participants the opportunity to explore different ideas in the context of a real-world scenario. All participants should be encouraged to contribute to the discussion and be reminded they are making decisions in a “no-fault” environment.

Effective facilitation is critical to keeping participants focused on exercise objectives. The Facilitator may ask about the decisions made, including how a decision was reached or what implications a decision might have. The exercise ends either when all actions have been discussed or when the time limit is reached. Participant learning is reinforced and feedback is provided through a hot wash at the conclusion of the exercise.

Outcomes: Varies based on exercise situation

Additional Information:

Go to <http://home.citizencorps.gov/cert/exercises.shtm> to download 6 different TTX CERT teams can complete. Topics included;

- Earthquake
- Tornado/wind storm
- Explosion
- Car accident
- Landslide
- Flood

Functional Exercises (4)

Time Length: 1-3 hours

Cost/materials:

- Facility
- Facilitators (1, or more if desired)
- Evaluators (1, or more if desired)
- Volunteers and/or simulated victims
- Additional materials based on Scenario
- Forms- Download at <http://home.citizencorps.gov/cert/exercises.shtm>

Number of People Needed: CERT Team/ community partners

Summary of Events: Functional exercises are typically focused on exercising plans, policies, procedures, and staff members involved in management, direction, command, and control functions. There is no actual field work in a functional exercise; all the activity is verbal.

The key focus of a functional exercise is on the operational decisions made by the Incident Command Post Team. Other members of the team may be involved in the exercise, but to a lesser degree. Once the Facilitator has presented the initial scenario, the Incident Commander (IC) and the Command Post Team verbally respond to the scenario and assign tasks to others on the team. The Facilitator then talks through a developing scenario and the Command Post Team verbally responds to the scenario developments. Participant learning is reinforced and feedback is provided through a hot wash at the conclusion of the exercise.

Functional exercises fall between a tabletop exercise and a full-scale exercise. More than a tabletop, where participants discuss what they might do, in a functional exercise the Command Post Team “takes action” – making decisions, simulating the deployment of resources, and responding to new developments. In comparison to a full-scale exercise, a functional exercise involves fewer participants and the movement of personnel and equipment is simulated. A functional exercise provides a more realistic simulation of an emergency compared to a tabletop and is typically conducted in “real-time” in a classroom setting or a designated site for a Command Post.

Outcomes: Varies based on exercise situation

Additional Information: Go to <http://home.citizencorps.gov/cert/exercises.shtm> to download 4 different functional CERT teams can complete. Topics included;

- Chemical leak and subsequent explosion
- Severe wind/rain storm
- Truck crash
- Natural gas leaks

Full-Scale Exercise (4)

Time Length: 3-6 hours

Cost/materials:

- Facilitators (1, or more if desired)
- Evaluators (1, or more if desired)
- Volunteers and/or simulated victims
- Additional materials based on Scenario
- Forms- Download at <http://home.citizencorps.gov/cert/exercises.shtm>

Number of People Needed: CERT Team/ community partners

Summary of Events:

Full-scale exercises are typically the most complex and resource-intensive type of exercise because they are staged in a realistic field environment and involve many participants. Full-scale exercises give the team an opportunity to practice and validate their plans, policies, and a wide variety of the skills covered in *CERT Basic Training*. Volunteers play the role of victims and moulage is used to add realism. These exercises may involve other agencies, although role-players representing other agencies can be used if desired.

Full-scale exercises begin with a description of the scenario. An Incident Commander (IC) and Command Post Team serve at the Incident Command Post and other participants organize into functional teams to size up the situation and complete tasks as assigned. Personnel and resources may be mobilized and deployed to the scene where actions would be conducted, as if a real incident had occurred. The full-scale exercise simulates reality by presenting complex and realistic problems that require critical thinking, rapid problem solving, and effective responses by trained personnel.

The exercise site for a full-scale exercise may require a large indoor and/or outdoor space, and site logistics require planning. Safety issues, particularly regarding the use of props and special effects, must be monitored. Throughout the duration of the exercise, many activities occur simultaneously and numerous Facilitators and Evaluators are needed. Participant learning is reinforced and feedback is provided through a hot wash at the conclusion of the exercise.

Outcomes: Varies based on exercise

Additional Information: Go to <http://home.citizencorps.gov/cert/exercises.shtm> to download 4 different full-scale CERT teams can complete. Topics included;

- High winds
- Explosion
- Flu Pandemic
- Severe storm

Preparedness Challenge

Time Length: 30 days

Cost/materials: NA

Number of People Needed: CERT Team, 1 Facilitator

Summary of Events:

The goal of holding a Preparedness Challenge is to inspire team members and their families to become more prepared. Often, we spend all our time helping others to prepare and we forget about ourselves. Have a facilitator create 10-20 tasks for team members to complete over a period of time. (Suggested: 30 days) Hold a meeting to go over each task and what is expected in addition to how a winner or winners will be picked. Have each task be associated with a point value to help determining an overall winner. Awards can also be giving out for most creativity or completing the tasks the fastest. During the duration of the challenge, as team members complete, have them send pictures of them completing each task to the facilitator. It is suggested to create a chart with all the tasks and team members to help track progress through the challenge. Below are sample tasks and awards that can be giving out to team members.

Outcomes: Family Preparedness

Additional Information: Sample Tasks:

- Take a photo of your personal emergency supply kit at your house.
- Take a photo of your personal emergency supply kit at your work.
- Take of photo of your emergency kit at your workplace.
- Find your Community's Emergency Operations Plan and send in a screen shot of the plan.
- Create a checklist for your workplace of all the items you need to take in the event of an evacuation. Send in a picture of the list hanging up in your cubical or office.
- Print out a floor plan of your workplace and mark where the fire supplies and AEDs are located. Scan and send it in.
- Teach a child, sibling, family member about a preparedness action. Send in a picture of them completing this action.
- Create a Family Communicate Plan. (<http://www.ready.gov/make-a-plan>)
- Hold family fire dill.

Sample Awards from FEMA RIII's Internal Preparedness Challenge



Independent Study Courses

Time Length: 1-4 hours

Cost/materials: NA

Number of People Needed: Individual

Summary of Events:

The Emergency Management Institute (EMI) offers self-paced courses designed for people who have emergency management responsibilities and the general public. All are offered free-of-charge to those who qualify for enrollment. To get a complete listing of courses, click on Course List link below.

FEMA's Independent Study Program offers courses that support the nine mission areas identified by the National Preparedness Goal.

- Incident Management
- Operational Planning
- Disaster Logistics
- Emergency Communications
- Service to Disaster Victims
- Continuity Programs
- Public Disaster Communications
- Integrated Preparedness
- Hazard Mitigation

Outcomes: Advancing skills

Additional Information:

For a full list of classes go to <http://training.fema.gov/IS/crslist.aspx?all=true>

For additional training opportunities go to <http://training.fema.gov/>

More Than Just Basic Training

Time Length: Varies on the training

Cost/materials: Varies on the training

Number of People Needed: Individual or Team

Summary of Events:

CERT members can increase their knowledge and capability by attending classes provided by other community agencies on animal care, special needs concerns, donation management, community relations, shelter management, debris removal, utilities control, advanced first aid, Automatic External Defibrillator use, CPR skills, long team recovery, traffic management and others. The sponsoring agency should maintain records of this training and call upon CERT members when these additional skills are needed in the community.

Outcomes:

- Increase knowledge
- Increased ability to support community

Additional Information:

Talk to your local Office of Emergency Management about opportunities in your area.

For additional training opportunities go to <http://training.fema.gov/EMI/>

CERT Refresher

Time Length: 3-6 hours

Cost/materials: CERT Materials

Number of People Needed: Team

Summary of Events:

Plan a day when your team can review the basic CERT Material to refresh your teams knowledge of the concepts and information they may have been forgotten. Consider reviewing the units that your team might not have done an action from, such as Light Search and Rescue Operations. Plan a drill to help the team practice what they have reviewed. This is only a refresher for certified CERT members that have already completed and passed Basic CERT Training. This cannot be used as a replacement for Basic CERT training.

Outcomes:

- Increase Knowledge
- Increase capability

Additional Information:

Units to review:

Unit 1: Disaster Preparedness

Unit 2: Fire Safety and Utility Controls

Unit 3: Disaster Medical Operations- Part 1

Unit 4: Disaster Medical Operations – Part 2

Unit 5: Light Search and Rescue Operations

Unit 6: CERT Organization

Unit 7: Disaster Psychology

Unit 8: Terrorism and CERT

CERT Supplemental Training

Creator: FEMA

Time Length: 3-8 hours

Cost/materials: Varies on the training,

Number of People Needed: Team

Summary of Events:

Consider taking one of the CERT supplemental training to increase your team's knowledge base. All of the course listed below can be done in 4 hour sections; some are broken up into two parts or can be done in one 8 hour time frame.

Outcomes:

- Increase knowledge
- Increase capability

Additional Information:

Below are the links to download the facilitator and participation guides for the CERT Supplemental training. All the documents are free to download.

- [CERT Animal Response Module I](#)
- [CERT Animal Response Module II](#)
- [CERT Emergency Communications Module](#)
- [CERT Tools for Leadership Success Module](#)
- [CERT Traffic and Crowd Management Module](#)
- [Flood Response for CERTs](#)
- [CERT Firefighter Rehab](#)
- [CERT Exercise Swaps](#)